

## Healthy Fundraising Ideas!

The Los Angeles County Food Policy encourages employees to fundraise with healthier foods and non-food items. Read through the following list of fundraising activities and choose the one that works best for you. Products and companies listed are in no way endorsed by the County of Los Angeles.

**Benefit Events** – Some stores will hold events in which the store donates a portion of their earnings within the time frame of the event to a particular organization. All the organization has to do is promote the event!

- *Example:* Borders Books  
(<http://www.bordersgroupinc.com/community/local.htm>)

**Scrip** – Many stores have scrip programs that allow organizations to buy gift certificates at a reduced price and then resell at full face value.

**Walk and Other “thons”** – Walkathons are a great way to get moving! A walkathon is where participants ask friends, family, and co-workers to pledge a certain amount of money for each lap that they walk on a set course. The course can be on a track, sports field, or around your building. You can also raise additional money by selling t-shirts to promote the event. If your looking for something a bit more exciting try a bike-a-thon, skate-a-thon or jog-a-thon.

**Recycle** – Help the environment AND raise funds by recycling your office’s bottles and cans!

**Contest Prizes** – Organizations can purchase a variety of items or services and sell tickets for \$1 or more. This adds some excitement to your fundraising event by providing purchasers an opportunity to win a prize!

- **Non-Food Options:**

- Artwork
- Books
- Cleaning services for home
- Gift baskets
- Event tickets
- Fitness apparel
- Fitness equipment (treadmill, bicycle, roller blades, etc.)
- Gift certificates to retail stores
- Gym membership
- Massage certificate
- Music CDs and videos
- Personal trainer sessions
- Spa package

- **Healthy Food Alternatives:**

- Culinary classes for healthy cooking
- Fruit baskets
- Gift baskets from grocery stores filled with healthy options
- Gift certificates to local farmers’ markets
- Turkey (holiday idea)
- Restaurant certificates to places that offer healthy options



**Product Sales** – Items purchased or donated can be resold for a higher value to generate funds.

○ **Non-Food Options:**

- Books
- Calendars and Planners
- Candles
- Coffee Cups or Mugs
- Cookbooks
- Coupon Books
- Emergency Kits for Cars and Home
- First Aid Kits
- Flowers and Plants
- Gift Baskets
- Gift Wrap, Boxes, and Bags
- Greeting Cards
- Holiday Decorations
- Household Items
- Jewelry
- Key Chains & Bumper Stickers
- Hats & T-shirts
- Lotions, Perfumes, etc.
- Magazine Subscriptions
- Music CDs and Videos
- Stationary
- Stuffed Animals

○ **Healthy Food Alternatives:**

- Baked Potato Bar
- Dried Fruit and Nuts
- Frozen Yogurt
- Fruit and Yogurt Parfait
- Fruit Salad
- Popcorn
- Salsa with Low Fat Chips
- Sandwich and Salad Bar
- String Cheese
- Veggie Sticks with Low Fat Ranch Dressing

*Still haven't found the right fundraiser for your organization? Check out these websites for even more ideas!*

**The Fundraising Bank** provides a list of fundraising options, services, programs and press releases. Want to sell wrapping paper but don't know how to get started? This is the site for you! Don't forget to scroll down and check out the "healthy fundraising" section.  
<http://www.fundraising-ideas.com/>

**The Illinois Nutrition Education and Training Program** provides you with "Twenty ways to raise funds without candy." While these fundraising activities work particularly well with kids, many will also be successful and fun in your work environment.  
<http://kidseatwell.org/flyers/twentywaystoraiseffunds.pdf>

**Shasta County Health Department** suggests these creative alternatives, many of which will help involve your community in your cause!  
<http://www.fwps.org/dept/nutrition/fundraiser.pdf>

